

Paul Twardzik

Introduction

Training and competition have been an important part of my life since 1966. While competition has not been a major factor since 1993, my focus on cardio-respiratory and muscular endurance has continued. So, when it was decided to initiate my second career in 2009, the decision to pursue personal training was a very easy selection.

Prior to 2009, my professional career was in Telecommunications, with time spent at Satellite Business Systems, MCI, and Sprint, in both the public and private sectors.

Qualifications

- ACE (American Council on Exercise) Certified Personal Trainer
- AARP (American Association of Retired Persons) Certified Personal Trainer
- American Red Cross CPR and First Aid Certified

Experience

My experiences in fitness and sports consulting have enabled me to address those clients that are teen age through 50+ years, both male and female. This enables my expertise to address clients that are focused on enhancing their sporting performance as well as those clients that choose to enhance their physical conditioning level and quality of life.

Combining my high school, collegiate, AAU, and road racing experience, I am also able to assist the sprinters and hurdlers, as well as the 10-mile and marathon competitors. My background will also benefit the casual runner who is focused on simply improving their running experience.

Specialties

It is a very rewarding experience to assist individuals in enhancing their performance or capabilities. Until 5 years ago, my sports consulting and training experience has been with track and field athletes, soccer players, road racers, marathon runners, and triathletes. My skill sets have expanded into training individuals of all ages to enhance their conditioning capability and improve their total living experience.